



This material has been reviewed and approved by the patient partners with the Patient Voices Network.

Heat Exhaustion

Heat exhaustion occurs in hot weather combined with poor intake of fluids and electrolytes when our body can no longer transfer enough heat to keep us cool. This is different than a fever which is the body's reaction to infection and other conditions. It most commonly affects people who are involved in strenuous exercise or work in hot and humid weather, especially older individuals, those with underlying health problems, and young children.









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What to Expect

The main symptoms of heat exhaustion include:

- Headache 
- Fatigue and feeling generally unwell 
- Thirsty 
- Muscle Cramps 
- Nausea 
- Dizziness 

Heat Exhaustion usually resolves with slow rehydration and cooling (see below), but may progress to Heat Stroke if it is not treated.

Recommended Follow-Up

Follow up in __ days.

Name of Provider _____

Reason _____

Date/Time _____

Location _____

Contact Info _____

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The information in this document is intended solely for the person to whom it was given by the health care team. This information does not replace the advice given to you by your health care provider.

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When to Get Help

Go to the nearest Emergency Department or Urgent Care if you experience:

- Body temperature more than 40°C.
- Symptoms of change in mental function:s
 - Confusion or trouble thinking clearly.
 - Seeing or hearing things that are not real.
 - Trouble walking.
 - Seizure.
 - Passing out.
- Fast or difficulty breathing.

To Learn More:

- Ask your health care provider.
- Go to HealthLinkBC - call 8-1-1 (7-1-1 for deaf or hard of hearing) or go online to www.HealthLinkBC.ca.

How to Care for Yourself at Home

Heat Exhaustion Discharge Instructions - continued

- Do not drink excessive amounts of plain water. But if you are not peeing every 2-3 hours, you need to drink more water.

Additional Information

- HealthLinkBC: Heat-Related Illness
<https://www.healthlinkbc.ca/healthlinkbc-files/heat-related-illness>
- Vancouver Coastal Health: Extreme Heat
<https://www.vch.ca/en/extreme-heat#text-image--84756>
- BC Centre for Disease Control: Preparing for Heat Events
<http://www.bccdc.ca/health-info/prevention-public-health/preparing-for-heat-events>
- Work Safe BC: Heat Stress
<https://www.worksafebc.com/en/health-safety/hazards-exposures/heat-stress>

